



BIKRAM YOGA

BEGINNING YOGA CLASS^{®TM}

Authorized

Teacher's Dialogue

(© 1997, 2002 updated, with revisions)
Bikram Choudhury / Yoga College of India

BIKRAM
April, 2012

The Dialogue contained in these pages is for the **sole** use **only** by Actively Certified Bikram Yoga Teachers. It is copyrighted and protected. It is not for public use, or use by anyone without Active Certification or Authorization from Bikram Choudhury and the Yoga College of India to teach Bikram Yoga. It is not to be copied, altered, shortened, modified, diluted, updated, revised, even partially used or integrated into any other dialogue, or in **any way** reproduced or changed without direct permission of Bikram Choudhury and the Yoga College of India. It is available **privately** and **only** to Actively Certified Bikram Yoga Teachers, and Current Bikram Teacher Trainees.

Any Actively Certified Bikram Yoga Teacher may obtain a copy of this Dialogue **only** and **directly** from:

Bikram's Yoga College of India, International Headquarters
11500 W. Olympic Blvd. • Suite 150
Los Angeles, CA 90064
Telephone: (310) 854-5800.

You must give your name; date of Graduation from Bikram's Teacher Training or date of Re-Certification (to show Active Certification); Affiliated or Franchised Bikram's Yoga College of India where you are currently teaching; and current address, phone number, and e-mail address (if you have one). A copy of the Dialogue will be sent to you free of charge. Do not make copies of this Dialogue, even for other Certified Teachers. Everyone must obtain their **authorized** copy directly from Bikram's Yoga College of India, Los Angeles.

Note to Bikram's Teacher Trainees

PLEASE NOTE: At the Teacher Training, you will be beginning with **Half Moon Pose**, not the Standing Deep Breathing. Standing Deep Breathing is done at the very end of the Training, so please start learning from **Half Moon Pose**.

For your **Teacher Training Posture-Dialogue Clinics**, you will only be required to deliver the **first set / first side** of the dialogue of each Posture, up to the first dotted line.

For Postures with **more** than one Part, or **two Postures together** you will need to successfully deliver the first set / first side of **each** Part / Posture:

Half Moon Pose with Hands-to-Feet Pose -- 1st set, **right** side Half Moon, 1st set backward bending, and 1st set Hands to Feet Pose.

Awkward Pose -- 1st set of all three Parts.

Head to Knee and Stretching Pose -- 1st set, **right** side Head to Knee, And 1st set Stretching Pose.

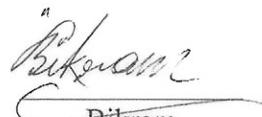
Wind Removing Pose -- 1st set, **right** leg, and 1st set **both** legs.

Locust Pose -- 1st set, **right** leg, and 1st set **both** legs.

Dear Bikram's Certified Teachers and Teacher Trainees,

These Dialogue pages contain all of the Dialogue you need to successfully and effectively teach a full 90-minute class of the 26 postures and 2 Breathing Exercises sequence, with two sets of the Postures and Savasana in between, and with corrections, to even the most beginning level students.

As you will or have learned at your Teachers Training, I require you to use only this Dialogue, unchanged, adding nothing to it, delivering it clearly and concisely, as a condition of your continued Certification, privilege, and permission to teach Bikram Yoga. Everything in here, I use in my Dialogue. You must be careful not to add any wrong information or dialogue, wrong sequence of the dialogue, or overly creative ways of "interpreting" or "translating" the dialogue in these pages. The reasons for this you will hear, or have heard, many times during your training, as well as the times you have and will come back to me to learn more, recharge yourself, and get your annual tune-ups and Re-Certifications. I always look forward to our Get-togethers, Teachers Reunions, Retreats, Seminars, and your visits to me here at our *Bikram Yoga International Headquarters* and Teacher Trainings. My best wishes are always with each of you, as you maintain and continue developing your Yoga Practice and teaching, your commitment and loyalty, as you continue to help people better their lives with their practices of Bikram Yoga.



Bikram
August 2002, April 2012

#1
STANDING DEEP BREATHING
Pranayama Series



Good morning everyone.

First is the breathing exercise, Pranayama Breathing, deep breathing.

Good for your lungs and respiratory system.

Please listen carefully.

Inhale by the nose and exhale by the mouth.

Inhale and exhale should be **through** the throat.

Breath as much as possible, as long as possible, as slow as possible.

Breath in by the nose, and out the mouth, but all the time **through** the throat.

Nose and mouth are only passageway.

Toes on the line, please.

Feet together nicely, toes and heels touching each other.

All ten fingers interlocked nicely under the chin, full grip.

Always your hands touching the chin like glue.

Nice and relaxed shoulders. Swallow a couple of times.

Look in the mirror. Concentrate. Meditate.

Inhale, head down, arms up, **start** please...

[simulate the inhale sound]

Full lungs.

Exhale, head up.

[simulate the exhale sound a couple of seconds]

Push your head back. Way, way, way back.

Bring your elbows forward, elbows touching each other, away from your chest.

Eyes open.

Inhale, head down.

Look in the mirror.

Elbows up to the ceiling as far as possible.

Chest up, spine straight, stomach in, **full lungs**.

Exhale, head up.

Very slowly. Push your hands on the chin.

Eyes open. Look all the way back,

until you see the wall [or windows] behind you.

Elbows together, touching each other.

Wait for me, please.

Inhale, head down.

1--2--3--4--5--6, hold it.

Exhale, head up.

Slowly push your head back.

1--2--3--4--5--6, hold it.

Inhale, head down.

Very slowly. Use your throat.

Suck your stomach in, rib cage visible in the mirror.

Look in the mirror, head down, elbows up, full lungs.

Exhale, head up.

Slowly push your head back.

Now, hips a little bit forward. Hips muscles **contraction**, tightening up.

Eyes open, elbows together, please don't close your eyes.

Wait for me.

Inhale, head down.

Each time, especially towards the end, try to inhale a little bit more than the last time,
more, and more, and more, and more.

Exhale, head up.

Slowly push your head back, until your neck hurts a little bit.

Grip tight, **ten** fingers (including the thumbs) interlocked position.

Inhale, head down.

Look in the mirror.

Stomach in, depression of the abdominal wall.

Full lungs.

Exhale, head up.

Slowly push your head back.

1--2--3--4--5--6, eyes open.

Inhale, head down.

Don't close your eyes, you might feel dizzy.

Stomach in, **open** your rib cage, open your lungs.

Full lungs.

Exhale, head up.

Take your time. The slower you do is better.

Elbows forward more, away from your chest, as far as it goes.

Again inhale, head down.

Use your throat when you're inhaling.

All the way up.

Full lungs, until you feel dizzy.

Exhale, head up.

Slowly push your head back. Way, way, way back.

Elbows forward, elbows touching each other.

Inhale, head down.

Stomach, stomach, stomach,

depression of abdominal wall, contraction of the abdominal muscles.

Suck it in, tightening up, hold it.

Exhale, head up.

Slowly push your head back.

Exhale **all** the air out, all the way out.

The more you exhale, the more fresh oxygen you inhale next time.

Inhale, head down.

Stomach in, chest up, open your rib cage, open your lungs.

Full lungs, until you feel dizzy.

Exhale, head up.

Push your head back.

Hips forward, hips muscles tight, spine straight.

Ten fingers grip tight, elbows together.

And that's enough.

Arms down side.

Stand still there, shoulders relaxed, look in the mirror, don't move.

Second Set.

Feet together nicely, please.

Again, hands touching the chin.

Swallow a couple of times.

Ready, everybody together, please.

Start, inhale.

Arms and head movement **synchronizing**, should be exactly together in **six** seconds.

Exhale, head up.

Push your head back.

Grip tight, cross your thumbs.

10 fingers interlocked, **including** your thumbs.

Look back, look back, look back. Elbows touching each other, away from your chest.

[Continue 2nd set. Both sets should be **10 times** inhale and exhale].

STANDING DEEP BREATHING



[additional dialogue also for correction, as needed]

[additional dialogue for the **Inhalates**]:

Inhale, head down.

Very slowly, not so quick.

Take **six** seconds to bring your head down.

The slower you go, you do better. You use your lungs more.

Keep your weight on the heels.

Only the arms and head move.

Spine perfectly straight. Don't let your chest collapse. No hunchback.

Stomach in, ribs sticking out, both sides of the chest.

The more you suck your stomach in, you use more of your lungs.

Chest up, elbows up **as high as possible**, until your shoulders hurt.

Open up your chest and rib cage, stretching the intercostal muscles of the ribs,

expanding your lungs to their **maximum expansion capacity**.

The more your lungs opening, you hold more air in the lungs,

improving the **elasticity** of the lungs.

Elbows up, all the way up, all the way up, all the way up.

Each time, you've got to inhale more.

[for last one: Use your extra strength, a **very** strong one. **Full lungs**, until you feel dizzy].

[additional dialogue for the **Exhalates**]:

Exhale, head up.

Slowly push your head back.

Hips a little bit forward, towards the mirror.

Hips muscles solid, concrete, one piece.

Weight in the heels, spine perfectly straight, don't let your chest collapse.

No backward bending, **only** the arms and head move.

Don't let the knuckles go away from the chin. Grip tight.

Shoulders completely relaxed. Deltoids forward, with scapula, shoulder blades.

[Occasionally **count** the **six** seconds, with corrections / dialogue in between the counts, to help the students keep the pacing].

HALF MOON POSE with HANDS to FEET POSE

Ardha-Chandrasana with Pada-Hastasana

Everybody together.

Feet together at the line, heels and toes touching each other.

Arms over your head sideways, palms together.

Interlock the fingers, release the index fingers, thumbs crossed.

Keep a nice tight grip, don't lose the grip.

Hands-palms touching each other like glue, up to the wrists, throughout the entire posture.

Stretch up to the ceiling, right and left several times, right and left, right and left.

You should feel stretching down both sides of the body, all the way up to the fingertips.

In other words, **You're trying to touch the ceiling.**

When you can't stretch any more, please stop in the middle.

Elbows locked, arms **always** touching with the ears.

No gap between biceps / arms and ears.

Push your hips forward, a little bit toward the mirror, opening up your hips and pelvis.

Upper body leaning back a couple of inches, opening up your chest and rib cage.

Throughout the posture, maximum body weight on the heels.

Arms and head back. Chin up.

Concentrate one point in the mirror, don't even blink your eyes.

Inhale breathing, full lungs, hold the breathing.

Stretch up out of the waist one more time. Try to touch the ceiling.

Absolutely straight line, slowly bend your body to the right,

without bending your elbows or your knees.

Continuously push your hips to the left, **Beyond** your flexibility.

You are trying to create a **tremendous** stretching feeling in the left side of your body,
all over, inside-out, from the bones to the skin, fingertips to the toes.

Hips more forward, upper body back more, weight in the heels.

Push your left hip forward, to keep your both hips in one line.

Right shoulder forward, opening your chest like a flower petal blooming.

Come down and **push**, and **push**, and **push**.

Inhale breathing, come up and stop in the middle.

Left side. --[Repeat for left side].--

HALF MOON POSE With HANDS to FEET POSE

(Backward Bending / Hands to Feet Pose)

Backward bending, everybody together.

Your back is going to hurt, don't be scared.

Take a deep breath, full lungs, **drop** your head back as far as it goes.

Look at the floor behind you.

Arms back **immediately**, try to touch the wall behind you.

Bend your spine backwards from coccyx to the neck.

Lower back, middle back, upper back, total spine backward bending.

Push your upper body back, try to fall down backwards.

Maximum body weight on the heels.

Inhale, **stomach, legs, hips, everything push forward towards the mirror.**

Arms back, Look back, Fall back, Way back, Go back, More back.

Inhale, come up and stop in the middle.

Next is Pada-Hastasana, Hands to Feet Pose.

Bend your knees, put your hands on the floor in front of you.

Move your hips several times right and left, right and left,

to make sure your lower back is totally relaxed, nice and loose, comfortable, easy, flexible.

This is a U-turn from back bend to forward bending,

so please be careful, your spine is not warmed up yet.

Grab your heels from behind, underneath the heels, stepping on all 5 fingers of each hand.

Little baby fingers touching each other side by side,

Elbows behind the legs on the calf muscles, throughout the posture.

Please don't lose the grip.

Pull your heels as much as possible.

Stretch your body down, from the lower spine towards the floor.

Touch your stomach on the thighs, chest on the knees, face on the legs below the knees.

From the side you should look like a Japanese ham sandwich, no gap anywhere.

Slowly push your knees back as hard as possible.

Try to lock your knees, creating a tremendous stretching feeling, pain sensation,

all over, underneath your legs, inside-out, from bones to the skin, coccyx to the toes,
with your smiling, happy face.

Continuously keep pulling. Pulling is the object of stretching.

Pull your heels, push your knees back, and lock your knees.

Exhale breathing, and lock your knees.

Roll forward, lock your knees.

Eyes open, touch your face, and lock your knees.

Last chance, lock your knees, lock your knees, lock your knees.

Inhale breathing, come up, arms and head together.

HALF MOON POSE With HANDS to FEET POSE**[2nd Set for Hands-to-Feet Pose]:**

Continuously keep pulling, without interruption, without intermission.
Your goal is to touch the top of your head to your feet, creating 360° degree angle stretching,
from coccyx to the toes, coccyx to the forehead.

[additional dialogue for Hands-to-Feet Pose]:

Grab your heels from behind, underneath the heels, all five fingers together,
That means **thumbs with the index fingers**.

#3
AWKWARD POSE
Utkatasana

Right foot step to the right, six inches apart, heels invisible behind the toes.

looks like a perfect "H,"

Six inches gap between toes and heels

Don't change your feet throughout the entire posture.

Arms up parallel to the floor.

Keep your five fingers together, touching each other.

Elbows locked, triceps muscles nice and tight, contraction.

Nothing loose, nothing hanging.

Stretch your arms forward towards the mirror, you're trying to touch the mirror.

Exhale breathing.

Suck your stomach in, **hold** it in.

Sit down, feet flat position, until your hips touch the chair, spine straight to begin with,
100 percent body weight on the heels.

Lift your chest up and bend your total spine, backward bending,
bring your upper body back.

Suck your stomach in, compression of the abdominal wall,
contraction of the abdominal muscles.

Suck it in, tightening up, and hold it.

Rib cage visible in the mirror.

Open your knees, keep **6 inches** between your toes, heels, knees, and hands.
Chest up. Chin up.

Lean back. Fall back. Way back.

You're trying to fall down backwards.

Inhale breathing and come up.

Keep your arms there.

2nd Part:

Concentrate and meditate

Stand up on your toes **maximum** like a ballerina.

Tremendous concentration, focus one point in the mirror.

If you blink your eyes, you might lose the balance.

Stretch your spine, chest, head, whole upper body,
up towards the ceiling like natural human traction.

Imagine I am pulling your hair towards the ceiling.

Sit down, **On** the top of the toes, spine straight position.

Start to finish throughout the posture,

you should feel your hips and head touching the wall.

Sit down halfway, until your hips touch the chair,

knees up, chest up, upper body leaning back, spine straight.

Come up higher on the toes, knees up toward the ceiling.

Hips should not go down below the chair, you are sitting on the chair.

Inhale breathing and come up, spine straight position, keep your arms there.

3rd Part:

Come up a little bit on your toes.

Bring your knees together.

Exhale breathing, suck your stomach in, spine straight.

Sit down, **as slow as possible**, at least 10 counts, all the way down, all the way down.

Leaning against the wall.

Continuously stretch your spine towards the ceiling,

half inch gap between the hips and heels.

Your leaning against the wall, hips and head touching the wall, no gap anywhere.

Keep your knees together and forward toward the mirror,

thighs parallel to the floor, arms parallel to the legs, spine perfectly straight,

90 degree angle, so from the side your body looks like a box.

Take a deep breath, knees together, spine straight, slowly come up.

Feet together, arms down side, and relax, don't move.

[2nd Set, additional dialogue]:

[after]: "Sit down, as slow as possible, all the way down, leaning against the wall".]

Towards the end, slow down like an elevator, last 6 inches -- another 10 seconds.

[after]: "Keep your knees together and forward toward the mirror, thighs parallel to the floor, arms parallel to the legs, spine perfectly straight, 90 degree angle, so from the side your body looks like a box".]

Bounce like a motorcycle ride to make sure you have control.

Bounce and bounce and bounce.

Stop. Hold it.

[correction (for any of the three parts)]:

Shoulders relaxed, arms stretching forward, elbows locked, triceps muscles contracted.
You're trying to touch the mirror with your fingertips.

#4
EAGLE POSE
Garurasana



Feet together nicely, toes on the line.
Look at your arms and identify which is right, which is left.
Don't mix them up.

Arms over your head sideways.
Bring your right arm **under** your left arm.
Cross your arms each other, and twist like ropes.
Bring your hands in front of your face,
hands-palms together, thumbs towards your face, little fingers towards the mirror.
If you are unable to bring your palms together, interlace your fingers.
Pull your elbows **down** towards the floor, until your fingertips go **below** your nose.
Fingertips should not go higher than your nose.

Suck your stomach in.
Sit down, until your hips touch the chair. Upper body leaning back.
Stay down there.

Lift your right leg up and bring it over your left leg, as high as possible.
Twist your legs like ropes, and put your right foot **underneath** your left calf muscle.
All five toes should be visible in the front mirror.

Sit down more and twist like ropes.
Arch your upper body back.
No gap anywhere between ankle and calf muscle.

Bring your knees to the right, upper body to the left,
to get your feet, knees, elbows and hands, **everything** in one line in the mirror.

If your foot is coming out, sit down more.
If you're losing the balance, upper body lean back more.
Suck your stomach in. Sit down more.
Pull your elbows down more.
Upper body back at the end.

Change. Other side.

[2nd Set, additional dialogue]:

[after: “Lift your right leg up and bring it over your left leg, as high as possible”.]

The higher you get your leg on the thigh,

You can create more room between your legs, so you can twist better.

You are opening the 14 largest joints in the human skeleton:

Deltoids, scapula, elbows, wrists, hips, knees, and ankles; seven on each side.

[after: “Twist your legs like ropes, and put your right foot underneath your left calf muscle. All five toes should be visible in the front mirror”.]

Slide your foot down towards the ankle, to get rid of any gap between the ankle and calf, between the knees.

#5

STANDING HEAD to KNEE POSE

Dandayamana-Janushirasana

Feet together nicely at the line. Wipe your Hands.

Shift your weight to your **left Leg**.

Interlock your 10 Fingers and grab the **right Foot** in front of you, 3 inches below the Toes. Hold it, nice and tight grip. **Please don't lose the Grip.**

Look in the mirror.

From Start to Finish: Concentrate one point on your left Knee in the mirror, to make sure the Knee is **absolutely locked to begin with.**

YOU DON'T HAVE THE KNEE!

Your **left Leg** should be **Solid, Concrete, One Piece, Lamppost, Unbroken.**

NO KNEE!!!

Inhale breathing: Slowly, gently, **right Leg** lift up and stretch forward towards the mirror, until the Leg is exactly parallel to the floor. No higher, no lower.

Left knee LOCKED.

Take a deep breath, **Continuously** kick your **right Leg** - Heel forward towards the mirror, so you can turn your **right Foot** in from the Ankle towards your Face, with all 5 Toes turning in.

If the standing leg is bending, the posture has not started yet.

Kick your Heel out, turn your Toes in. Try to get **both Knees locked**, so from the side your Legs should look like a perfect Upside-down "L" like Linda.

If both Knees are locked, and still you can balance there comfortably, then, **only**, you can bend your **ELBOWS** down toward the floor, until your Elbows are touching the **CALF Muscle**.

Eventually, your Elbows should go down **below** the Calf Muscle.

Change. Left leg.

Pick up your **left** Foot, same position. Please don't lose the Grip.

Focus one point on your **right** Knee in the mirror.

Don't change your Eyes, don't blink your Eyes.

Think very deeply about your **Standing** Knee.

Your **right** Knee is **LOCKED, NO KNEE!!!**

Distribute the weight all over the **right** Foot, equally, the same. Don't bring it to the side.

Standing Leg - Thigh Muscle should be contraction, nice and tight.

Nothing loose, nothing hanging.

Stomach in.

Inhale, slowly, gently, **left** Leg lift up and stretch forward, **Right Knee locked.**

Deep breath, kick your **left** Heel forward towards the mirror, until your **both** Knees lock.

Continuously keep Kicking **without stopping, without intermission.**

Kick the Heel out, turn the Toes in. You have to learn how to **FLEX** your Foot,
to stretch your Achilles Tendon just above the Heel.

All the 5 Toes towards your Face, eventually **beyond** perpendicular.

You should feel tremendous stretching underneath your legs,
create cramp on top of the thigh.

If **both** Knees are locked (**No Knee!**),

your **both** Legs look like a perfect Upside-down "L" like Linda,
then slowly start bending your Elbows down towards the floor,
until your Elbows touch the Calf Muscle.

Elbows should go down **below** the Calf Muscle.

Change.

Do the back bending one second.

[for correction, if the standing knee is bending]:

Push your Knee back., **Lock the Knee.**

Contract the Thigh Muscle, whole Kneecap lifts up.

[for correction, when bringing the elbows down]:

Don't let the leg come down, keep kicking the heel forward.

[for 2nd Set]:

[final position, once elbows go down below the calf muscle]:

Still, if you can balance there with **both** Knees locked, with your smiling, happy Face,
slowly bring your Body down, Chest down, Head down.

Touch your Chin to your Chest, look at your Stomach,
touch your Forehead to your Knee.

[other dialogue for 2nd Set]:

Before you even start, make up your mind not to give up.
Use your English Bulldog determination, Will Power, and Bengal Tiger Strength.

Mind over the Matter.

[when kicking the leg out]: Kick the mirror.

If you do 1% correct, or 99% correct,
both of you get 100% benefit,
medically, biochemically, physiologically, psychologically.

As long as you are trying the right way,
and you don't give up.

That's the ultimate destination.

As long as your **Standing Knee is locked**, you are getting 100% benefit.

STANDING BOW PULLING POSE

Dandayamana-Dhanurasana

Bring your **right** hand out, palm facing up, elbow touching your body.
 Say "Mama give me money." You're holding the money in your hand.
 Bring your hand out to the right. Don't turn your hand, don't drop the money.
 Grab your **right** foot behind you, palm facing up.
 Hold from the **inside**, at the ankle, five fingers together.
 Nice and tight grip, don't lose the grip.

Left arm up in front of you, chin close to your shoulder.
 Concentrate one point on your left knee in the mirror.
 Left leg **locked** throughout the posture.
 Bring your knees together to start.

Inhale breathing,
Charge your body forward towards the mirror, try to touch the mirror.
 Simultaneously, **kick** your right leg back and up towards the ceiling.
 Bring your body down from the lower spine,

until your abdomen and chest are parallel to the floor.

Continuously keep kicking your right leg up as hard as possible.
 Your foot should be coming up over the top of your head in the mirror.
 Both feet should be in one line from the side.

Kick back, so your **right** shoulder is behind your left shoulder,
 invisible in the front mirror.

Stretch your left fingertips towards the mirror, trying to touch the mirror.
 Try to touch your shoulder to your chin.

Shoulder blade, scapula coming out of the body.
 In other words, **your two shoulders should be in one line.**

Kicking and stretching should be equal and simultaneous, 50 / 50.
 If you lose the balance, you're not kicking hard enough.

Body down more.
 Stretch forward more, try to touch the mirror.
 Kick back more. Kick harder. The harder you kick, you can balance forever.
 Body down and kick up one more time.

Change. Come up.

Other side.

#7
BALANCING STICK POSE
Tuladandasana



This posture is only ten seconds,
so the **moment** you hear my clap, you step forward.
You have to make up your mind to use your **100% strength** in **half a second**.
If you're late, it's over.

Feet together nicely at the line, toes and heels together.
Arms over your head sideways.
Palms together. Interlock the fingers, release the index finger, thumbs crossed.

Stretch your arms up to the ceiling like you're trying to touch the ceiling,
to make sure your elbows are **locked**, arms always touching with your ears,
throughout the Posture.

No gap between your arms and head.
Chin up. Body back a couple of inches.

Inhale breathing, right leg step forward, a **Big step**.

Lock both knees. Arms and head together:

Come down until your whole body, arms, head, leg,
Everything is parallel to the floor.

From the side, your body looks like a "T" as in Tom. [not a broken umbrella!]
Charge your body forward like you're trying to touch the mirror.
Get your left leg up, **pointed toes**, knee locked.

Continuously stretch your body forward, try to touch the mirror.
Chin forward, focus one point on your right foot in the mirror.
Whole body is stretching in opposite directions, like a natural human tug-of-war.
Scapula coming out of the body, shoulders are supposed to hurt.

Body down, leg up, come down, leg up.
Every muscle contracted.

Get you're leg up, pointed toes, leg up, leg up, leg up.
Chest down, leg up, come down, leg up.

Stretch forward more.

Go and touch the mirror !

Stretch and stretch and stretch and stretch, and stretch, stretch, stretch, stretch!

Inhale breathing come up, arms and head together.
Keep your arms over your head.

Left side. [2nd set: Repeat more]

STANDING SEPARATE LEG STRETCHING POSE

Dandayamana Bibhaktapada Paschimotthanasana

Feet together nicely. Arms over the head sideways.

Right Leg step to the right, four feet minimum.

At the same time, arms down parallel to the floor.

Heels in one line, Feet slightly pigeon toed.

Suck your stomach in,

and slowly bend your upper body down from the Lower Spine towards the floor.

Keep your chin forward, looking in the mirror, and your knees locked.

Grab your Heels from the outside,

five fingers together, thumbs touching with the index finger.

As a beginner, if you can't grab the heels yet, grab the outsides of the feet.

Pull on your heels as hard as possible,

stretching your body down from the lower spine towards the floor.

Make sure your knees are locked throughout the posture.

Roll forward like a wheel, body weight on the Toes.

Try to touch your Forehead to the floor.

If you cannot touch your forehead to the floor,

open your legs more, and more, and more, and more.

Chin up, look forward, roll forward. Keep pulling.

Eventually your Spine should be perfectly straight from the coccyx to the neck,
forehead touching the floor between the Feet.

First your Legs stretching, then Hips stretching, then Lower Spine stretching,
then **whole** Spine is stretching.

Eventually the whole Body is stretching, 360 degree angle, inside out;
from bones to the skin, coccyx to the toes, coccyx to the forehead.

Pull harder, keep pulling.

Chin forward. Roll forward.

Touch your forehead to the floor.

Inhale breathing, slowly come up. Right Leg back to the place.

[for 2nd Set]:

If your forehead is easily touching the floor, bring your feet closer to each other,
only as much as you need, to touch your forehead more in the center,
between the feet.

TRIANGLE POSE

Trikanasana

Feet together on the line, please. Arms over the head sideways.

Right leg step to the right – **BIG STEP -- four feet minimum.**

Immediately Arms down parallel to the floor, palms facing down.

Look straight ahead in the mirror.

Push your hips forward, upper body leaning back.

Turn your **right** foot out to the **right** – all the way.

Turn it half inch more, until the foot is parallel to the front mirror; two heels **in one line**.

Inhale breathing, **bend** the **right** knee and sit down.

Bounce a couple of times like a motorcycle ride,

to make sure you're sitting down low enough.

Your **right** thigh-biceps should be parallel to the floor.

In the front mirror, your **right** leg should look like a perfect upside-down “L” like Linda.

Make sure your hips don't go up anymore. STAY DOWN THERE.

Again, hips forward, arms back, body back, lean back, **open your chest**.

Spine straight in the center.

Inhale breathing -- move your both arms at the same time,

Right elbow in front of the **right** knee.

Bring your **right** hand down and put your fingertips between the big toe and 2nd toe,
don't touch the floor, **no pressure on the fingertips against the floor.**

Look up towards the ceiling -- touch your chin to the **left** shoulder,

so the profile of your face is **exactly** visible in the mirror.

Take a deep breath, **continuously** stretch your **left** arm **up** to the ceiling,
you're trying to touch the ceiling.

Right arm stretch down, **left** arm stretch up.

In other words, **both** arms - shoulders should be stretching each other,
up and down, in opposite directions, like natural human traction.

Push your **left** hip forward towards the mirror.

At the same time, push your **right** knee back with the help of your **right** elbow.

TOUCH THE TOES.

Upper body turn, or **twist** backward (like the Spine Twisting Posture).

Keep your **left** knee locked, and **left** foot flat on the floor.

Inhale breathing; Come up, and stop in the middle -- **right** foot back to the center.

Keep your arms there.

Left side.

Turn your **left** foot out to the **left**.

Bend the knee and sit down.

Bounce and bounce and bounce, until you're sitting down enough.

Left thigh-biceps, femur bone parallel to the floor.

Right hip down and forwards more.

Get your **left** knee back towards the back wall.

Arms back, body back, lean back, **freeze**.

Don't move your hips anymore.

Keep your spine straight in the center.

Both arms at the same time:

Left arm **down**, palm facing the front mirror, elbow in front of the knee.

Right arm stretch **up**, touch the ceiling.

Turn your head, look up, chin to the shoulder, face **exactly** profile in the front mirror.

Push your **right** hip down and forward towards the mirror.

Push the **left** knee back with the help of the **left** elbow

so **both** knees are in one line from the side.

Elbow should not go down **below** the knee.

Don't lean any weight on your left elbow against the knee.

Touch the Toes!

Quick, right arm stretch **up**, you're going to touch the ceiling pretty soon.

Body up more, there should be a big gap, **triangle**, between your chest and the left thigh.

Right arm up more.

Both arms should be in a straight line in the front, also from the side mirror.

Both arms, shoulders, scapula, deltoids,

stretching up and down like a natural human tug-of-war.

Hips down, body up, turn or twist your upper body back, opening up your **chest**.

This is a **perfect** marriage between the heart and lungs.

Left arm stretch down, touch the toes.

Right arm stretch **up**, stretch **up**, stretch **up**, stretch **up**. **Touch the ceiling!**

Keep your **right** knee locked, **right** foot flat on the floor.

Inhale breathing, come up.

Arms over the Head, right foot back to the place, and arms down side.

[additional dialogue, before or between sets]:

Every posture up to this point has been preparation to do the Triangle posture.

It's the only posture in the World where you use 100% of your body,

every muscle, joint, organ, and major gland.

STANDING SEPARATE LEG HEAD to KNEE POSE

Dandayamana-Bibhaktapada-Janushirasana

Feet together nicely.

Arms over the head sideways. Hands / Palms together, thumbs crossed.

Stretch your arms towards the ceiling.

Throughout the posture, elbows locked, so arms always touching with the ears.

Right leg step to the right, a **big** step, 3 feet distance (**36 inches**) between the feet.

Turn to the right, 180° degree angle.

Turn your hips 1,2,3,4,5 times, beyond your flexibility,

to bring your HIPS exactly in one line from the side.

Two heels in one line, **backside** foot should be 45° degree angle.

Exhale breathing, and you go down, arms and head together.

Tuck your chin to your chest, look at your stomach,

touch your **exactly** forehead on the knee.

Forehead should touch the knee.

If you can't touch your forehead, bend your right knee a little bit,

but you have to touch your forehead to the knee.

Stretch your hands forward, beyond the toes. Keep your elbows straight.

Push your hands against the floor, to get your knee locked.

Exhale breathing, suck your stomach in, throat choked, eyes open, breathing normal.

Bring maximum weight on the front leg,

so your right side hip is sticking up towards the ceiling, to get your both hips in one line.

Lock the knee very quick a couple of times.

Inhale breathing, very gently come up, arms and head together.

Stop in the middle.

Turn to the **left**, 185° degree angle.

Turn your hips 5 times more.

Exhale breathing, suck your stomach in, and you go down. Two hips in one line.

Look at your stomach. Tuck your chin to your chest.

Touch your exactly forehead on the knee.

Stretch your hands forward beyond the toes. Elbows locked, everybody.

Push your hands against the floor, to get your knee locked, with your smiling / happy face.

More weight on the left leg.

Everybody get your left hip more higher towards the ceiling, sticking up.

Lock the knee, very quick, a couple of times, exhale breathing, stomach in.

Full lungs Inhale, come up, arms and head together, stop in the middle.

Arms down, and right leg back to the place.

STANDING SEPARATE LEG HEAD to KNEE POSE

[2nd Set]:

[after]: "Turn your hips 5 times more"]:

Twist your hips with the backside foot.

[after]: "Stretch your hands forward, beyond the toes, your elbows straight"]:

Wrists straight, cross your thumbs.

[corrections]:

Get your forehead higher on the knee.

[after]: "Right leg step to the right, a big step, 36 inches between the feet"].

Open more.

[after]: "Two hips in one line, two heels in one line"]:

Front foot should be straight, back leg always locked,
your back foot should be 45 degree angle, heel flat on the floor

[after]: "Forehead should touch the knee].

If you can't touch your forehead, bend your right knee a little bit, but
you have to touch your forehead to the knee, or **the posture hasn't even started yet**.

[after]: "Stretch your hands forward, beyond the toes. Elbows straight].

[beginners correction]: Open your hands.

[additional dialogue]:

This is not a stretching pose, it is a **compression** pose.

This is a combination of **Rabbit Pose** (stomach in, back rounded, throat choked),
and **Balancing Stick** (arms stretching).

Good for eight things:

Marriage between the pancreas and kidneys, thyroid and pituitary glands;
Extension of the oblongata and medulla;
Opening the throat and crown chakras.

Good for the digestive and endocrine systems, metabolism, body chemistry, immune system.

[or]: Compression of the thyroid gland.

Compression of the pancreas, extension of the kidneys.

#11
TREE POSE
Tadasana



Everybody go back to the line where you started, in one line.
Feet together nicely.

Focus on one spot in the mirror.

Grab your right foot from underneath, with your **left** hand.

Right leg lifts **all the way** up, until your heel is touching your costume,
sole of the foot is facing the ceiling.

Be careful of the right knee.

Slowly, gently, let your right knee come down.

Push your hips forward towards the mirror, and gently **push your right knee back**.

Try to get your both knees in one line from the side, to open your pelvis.

Same principle like in triangle posture.

Upper body lean back a couple of inches.

Stretch your spine up to the ceiling, and suck your stomach in.

Two hips in one line, two shoulders in one line.

Bring your right hand up to the center of your chest.

If you can balance there, bring your left hand up, palms together (namaskar).

If your foot slips at all, continue to hold the foot with your left hand.

Left leg locked, thigh contracted.

Spine straight, stomach in.

Focus one point, eyes open, breathing normal. Stay there.

Change.

Left leg.

#12

TOE STAND POSE

Padangustasana

Feet together.

Focus one point on the floor, four feet in front of you.

Don't move your eyes, don't blink your eyes.

Bring your right foot up onto the middle of your thigh,
or wherever you feel comfortable.

Hands / palms together in front of your chest.

Bend your body down from the lower spine towards the floor.

Touch your both hands, 10 fingers, on the floor.

Slowly bend the knee, bring your hips down, and sit down on your heel.

Bring your hands to both sides on the floor.

Stretch your spine up to the ceiling, hips up, balancing on your fingertips.

Both knees should be in one line, parallel to the floor.

Keep focusing one point on the floor, four feet in front of you.

Slowly bring your left hand up in front of your chest.

If you can still balance there, without moving,

then bring your right hand up, palms together (namaskar).

Stretch your spine up to the ceiling, like natural human traction.

Suck your stomach in.

Balance there.

Change.

Come up exactly the opposite the way you went down.

[additional dialogue, once in the toe stand]:

Think I'm pulling your hair towards the ceiling.

This is a traction pose, good for your posture.

Half inch gap between the hips and the heel.

If you sit on your heel, you fall to the right or the left, like a flat tire.

No collapsing, **constant stretching**.

[note: Beginners should be very careful with their knees. They should bend forward and put their hands on the floor in front of them, **without bending their knee**, at first. After becoming proficient enough in the posture, they can bend the knee as they go down].

#13

DEAD BODY POSE

Savasana

Turn around and lie down on your back, feet facing the back wall.

Relax completely.

Heels together, let your feet fall open.

Arms on the towel, palms facing up.

Head straight, eyes always open, and breathing always normal.

Don't move.

INSTRUCTIONS (during Savasana)

That was the warming up exercise, now the class begins.

Every exercise / physical activity in the world you do, you burn energy, like driving a car burns gas. The tank is empty, you need to fill it up again. Hatha Yoga class is a gas station, it is the only place in the world where you gain energy, instead of losing it. Practicing Yoga Asanas is the only natural physical activity in the world, because it is scientific. With the help of science, we can explain nature.

#14

WIND REMOVING POSE

Pavanamuktasana

Right leg lift up, hold the right leg exactly 2 inches below the knee,
interlocked fingers, nice and tight grip.

Pull your right knee down, all the way, towards your right shoulder,
completely avoiding the rib cage.

Make sure the left leg is straight, so the calf muscle is touching the floor.
If the calf muscle is not touching, then flex the left foot.

Chin down towards the chest, to get your neck flat on the floor, no gap underneath.

Bring your elbows close to the body. Shoulders relaxed, touching the floor.

Pull down harder, and absolutely **freeze** there.

Eyes open, Breathing normal.

Freeze. Don't move. You can't even blink your eyes.

You have to pull a little extra hard. Make sure the hip joint hurts.

Maximum pressure in the lower abdomen.

Change.

Arms and legs on the floor.

Left leg up ... [repeat for other side].

(BOTH SIDES):

Immediately, **both** legs up.

Grab the elbows each other, over the legs, a couple of inches below the knees (if possible.)

Nice and tight grip, **compact**.

Feet together side-by-side, relaxed position.

Chin down. Neck flat on the floor.

Shoulders relaxed, Eyes open, and Breathing normal.

Freeze there.

Eventually, in the future, when you improve your skeletal system (the bone joints) enough,
then only, your total spine is going to be flat on the floor.

Change. Legs down, Arms down.

[additional and 2nd set dialogue]:

As a beginner, it is difficult to touch your knee on the shoulder, which is very normal, so
bring your knee more outside towards the deltoid, and pull more, harder.

Right leg is massaging the ascending colon.

Left leg is massaging the descending colon.

Both legs (3rd part) is massaging the transverse colon.

#15
SIT-UP



Toes and heels together. Flex your feet, keep your heels on the floor.
Arms over your head, cross your thumbs, arms and head together.

Inhale breathing, quickly sit up.
Exhale breathing, grab your big toes, double jerk.
Touch your forehead to the knees, elbows to the floor.

Turn around and lay on your stomach for the spine strengthening series.

#16

COBRA POSE

Bhujangasana

Lie down on your stomach.

Chin on the floor.

Get your hands under the shoulders, very close to your chest.

Make sure throughout the Posture,

five fingers together, so your hands-palms are **flat on the floor**.

Fingertips in line with the tops of the shoulders, baby fingers in line with the deltoids.

Glue it down.

Distribute the body weight, all over the hands-palms, equally, the same.

Please don't move your hands.

Start to finish, keep your feet and heels together, and feet flat on the floor.

You have only one leg, like a cobra. Don't open it.

Leg muscles nice and tight, hip muscles solid, concrete, one piece.

Elbows touching the body, drop your shoulders down.

Look up towards the ceiling.

Inhale breathing, come up please. Lift your upper body up, using your 100% back strength.

Come up half way only, until only your belly button is touching the floor.

The rest of your upper body is in the air.

At the same time, from the side, your elbows should be "L", 90° degree angle,
like a rectangle.

Stretch your elbows down towards the hips, arms and elbows **always** touching the body,
to bring your shoulders down, trapezius muscles visible in the front mirror.

Now chest up more, everybody go up, come up a couple of inches.

Your back is supposed to hurt.

Shoulders down, chest up, look up, come up, go up, more up, come up a little more.
Hold it there, freeze.

And gently come down.

Left ear on the towel, arms by your side, and relax.

[2nd set]:

Hands-palms flat on the floor, **square** underneath the shoulders. Not too high, not too low,
not too far in, not too far out, not turned in, not turned out. Keep your palms **flat**.

Lie on your stomach.

Arms straight position, get your arms underneath your body.

Hands / palms facing the floor.

Elbows **completely** underneath your stomach, invisible.

Elbows are supposed to hurt.

Fingers completely apart. Grab the floor with your fingertips.

Two little baby fingers touching side by side.

Chin on the floor.

Left leg relaxed. Right leg solid, concrete, one piece, **pointed toes**,

Inhale breathing.

Slowly, gently, **right** leg lift up from the floor, minimum 45° degrees, half of 90°.

Go up, much more higher everybody.

Make sure your back hurts, elbows hurt.

Leg up more, lift up more, a couple of inches.

Lock the knee, pointed toes, more up.

And change. **Slowly**, right leg down, and left leg up.... [repeat for left leg].

[BOTH LEGS]:

Turn your head in, mouth on the floor.

Readjust your hands / palms. Elbows closer together underneath the body.

Open your fingers, grab the floor with your fingertips.

Full lungs, take a deep breath, and

Without bending the knees, both legs up.

Come up please. Everybody go up, come up, everybody come up.

Lock the knees, feet together.

Struggle a little harder, don't give up.

Come up. Take a deep breath, come up more.

And slowly, both legs down.

Relax please. Arms by your side, turn your head to the side.

LOCUST POSE

[**2nd Set**]: You can count **up** to 10 (seconds), with corrections in between.

[additional dialogue]:

Hands more closer each other --

two little pinkies should be touching each other, side by side,
completely underneath the body, invisible. Elbows are supposed to hurt.

Do not lift or turn your head throughout the posture.

[single legs]: Keep the legs **exactly** behind your head, in the mirror.
Make sure your hip doesn't twist out of the line.

[both legs]: Use your hands strength against the floor, to get your legs up more.
Your shoulders should be touching the floor.

As a beginner, if you cannot lift your both legs up yet, separate your legs and then lift them up. Then bring them together. But don't compromise the knees locked.

#18
FULL LOCUST POSE
Poorna-Salabhasana



Arms out to the side like airplane wings.
Palms down and fingers together.
Chin on the floor.

Legs and feet together.
Hip and leg muscles tight, solid, concrete, one piece.
Knees locked, pointed toes.
Make sure you only have **one** leg.

Look up to the ceiling, take a deep breath.
Arms, body, head, legs, **everything** lift up.
747 taking off.

Go up, everybody look up, chest up, arms up, arms back.
Fingertips should be same level as the head.
Only your hip bones should be touching the floor,
rest of the body in the air.

Chest up, chest up, chest up,
look up, body up, chest up, come up, more up, go up.
Exhale breathing, come up one more time.

Slowly come down. Relax.
Arms on the towel.
Turn your head sideways.
Completely Relax.

[special note]: You should reach the highest point at the **end**.

#19
BOW POSE
Dhanurasana

Chin on the floor.

Hold your feet from the outside, exactly 2 inches below the toes.

Five fingers together -- Make sure thumbs touching with the index fingers.

Please don't lose the grip.

Six inches apart between the knees and the toes.

Wrists straight, pointed toes.

Arms and legs should look like 2 wheels in one base.

Take a deep breath, and gently both legs kick up towards the ceiling.

Look up and kick up.

Kick your legs back.

Continuously keep kicking, don't stop kicking.

Roll forward, until your toes are in the center from the side.

Kick back more, harder.

Head up more.

Kick your legs behind you.

Wrists straight more.

Keep your knees in, pointed toes.

Kick back more.

Kick harder.

Slowly lower down, and you Relax.

Complete Relax.

[2nd Set, additional dialogue, corrections]:

Wrists and elbows straight.

Arms and legs -- 2 wheels in one base.

Keep your knees in, toes out (pointed),

to keep your heels, toes, knees, hands, everything 6 inches apart.

80% air hold in the lungs.

20% going out through the nose, without a sound.

110% strength you've got to use,

to create 360° degree angle backward bending (against the gravitation).

#20
FIXED FIRM POSE
Supta-Vajrasana



Come to the top of the towel.
Sit down Japanese style, knees together.
Separate your feet and sit down between the heels,
 hips touching the floor.

Heels touching the hips.

Make sure heels are touching the hips the whole time.

As a beginner, or if your knees or feet hurt, you can **open** your knees.

Put your hands-palms on your toes, thumbs inside, fingers outside.
Touch your **right** elbow on the floor, then the left, one by one.
Touch your head on the floor, then the back of your head.
Your shoulders should touch the floor.
Whole upper body relaxed on the floor.

Bring your arms over the head.
Grab the elbows each other, over the head.
Pull your elbows down towards the floor.

Chin down towards the chest, neck flat on the floor.
Lift your chest and stomach up towards the ceiling,
 create a perfect human bridge.
Eventually, or in the future, bring your knees together, touching each other.
 But **make sure** knees never come off the floor.

Eyes open, breathing normal.

Put your hands on your feet, with the help of your elbows, carefully come up.
Turn around and relax on your back.

[additional dialogue, corrections]:

Be careful of the knees. You can mess with the Gods, but you don't with your knees.
Open your knees as wide as you need to, as a beginner, or if you have bad knees.

[after: "Lift your chest up...]:

The more higher it goes up, you get more benefit, medically.

#21
HALF TORTOISE POSE
Ardha-Kurmasana



Come to the middle of the towel.

Sit down Japanese style, kneel down position.

Feet flat on the floor, no gap underneath the ankles.

Arms over the head sideways, hands-palms together, **only** cross your thumbs.

Stretch your arms towards the ceiling.

Elbows locked, arms touching the ears, chin up.

Keep your hips touching the heels, throughout the posture.

Stomach in, exhale breathing, and go down, arms and head together.

Touch your forehead on the floor.

Little fingers touching the floor, the rest of your arms in the air, elbows locked.

Stretch your arms more forward.

Make sure your shoulders hurt, scapula coming out of the body,
chin **away** from your chest.

Stretch forward more, chin forward, heels touching the hips.

Eyes open, breathing always normal.

Inhale breathing, and gently come up.

Arms and head together.

Arms down side, turn around, lie down on your back, and relax.

[2nd Set]:

Kneel down position, knees and feet together.

Hands / palms together, cross your thumbs.

Stretch your arms.

Exhale breathing, and you go down.

Hips touching the heels.

Body on the legs.

Forehead on the floor.

Chin away from your chest.

Pinkies touching the floor. Elbows locked.

Eyes open, breathing normal.

Forward more. Stretch more.

Stretch, stretch, stretch, stretch.

Inhale breathing, come up, arms and head together.

Arms down side.

Turn around and relax on your back.

[additional dialogue, corrections]:

Scapula, deltoid, lattisimus dorsi, trapezius muscles, **everything** stretching forward,
like balancing stick posture.

This posture give you more relaxation in 30 seconds than 8 hours of sleep.

High speed blood goes to the brain cells, activates the brain.
You re-energize, revitalize, reorganize unused and overused brain cells.

93% of the brain cells are sleeping in the cold storage, like the dead meat.
You never used it, you never even knew you have it.
And 7% you keep using it again, and again, and again. They're abused.
You activate, **recharge** each and every one,
and they start functioning, working properly.
You don't need sleep anymore.

Yoga class is a gas station, it gives you energy.
Energy's consisted by relaxation and nutrition.

#22
CAMEL Pose
Ustrasana



Listen very carefully, word by word.

Everybody should do it together, not before and not after.

Come to the top of the towel.

Stand up on your knees.

Six inches apart, **inside** the legs, between the knees and the feet.

Get your hands on your hips, fingers towards the floor, thumbs outside.

Take a deep breath and **push** your hips forward towards the mirror.

Drop your head back, as far as it goes.

Go back half way, and stop in the middle.

First, only right hand down, grab the right heel, thumb outside, fingers inside.

Then left hand down, grab the left heel, thumb outside, fingers inside.

Full grip with your hands / palms. **PLEASE don't lose the grip.**

Take a deep breath, eyes open, exhale breathing, and
stomach, legs, hips, **everything push forward**, as far as possible.

Continuously keep pushing.

Everybody **push**, push more, everybody push **harder**.

Make sure your back hurts.

I want 360° degree angle backward bending for gravitation.

Put your hands on your hips,
Chest up, spine straight, push more forward,
Inhale breathing, and come up.
Stop in the middle.
Turn around, lie down and relax in savasana.

[2nd Set, additional dialogue]:

8 inches between the knees, still **only** 6 inches between the feet.

knees should be a couple of inches wider, 2nd set.

First Right hand, then Left hand down, grab the heels one by one.

Hands / palms grip tight, **don't lose the grip**.

Push more forward.

Exhale and push, push, push, push.

From coccyx to the neck, joints of each and every vertebrae and cartilage of the spine
backward bending like a pearl necklace.

#23
RABBIT POSE
Sasangasana



Come to the middle of the towel, sit down Japanese style, knees and feet together.
Put the towel on your feet, grab the heels over the towel, thumbs outside, fingers inside.
Nice, tight grip.

PLEASE DON'T LOSE THE GRIP!!

Pull your heels as hard as possible.

Tuck your chin to your chest, look at your stomach.

Exhale breathing, slowly go down front side, touch your **exactly** forehead on the knees.
Automatically, the top of your head touching the floor.

Exhale breathing, eyes open, and **lift** your hips up, **all the way**, as high as possible.

Roll forward like a wheel until your arms / elbows are straight.

If there's a gap between your knees and forehead, walk your knees one by one,
until your knees touching the forehead.

Make sure total spine is stretching top to bottom.

Neck might hurt a little bit.

Throat choked, eyes open, breathing normal.

Pull harder, hips up more.

Come up, turn around, relax on your back.

[additional dialogue for 2nd Set]:

Mouth closed, tongue inside.

Don't move your head, don't turn your head.

As a beginner, only you stretch your neck and upper spine. Very difficult to stretch your lower and middle spine.

By practice, you have to learn how to stretch your total spine, distributed equally, the same, the joints of each and every vertebrae and cartilage, from coccyx to the neck, opening like a Pearl necklace.

Continuously keep pulling your heels, lift your hips up more.

Lift your shoulders up towards the ceiling, very little weight on the top of the head.
Exhale breathing, suck your stomach in, lower spine supposed to stretch more.

Hips up, hips up, hips up.

[additional dialogue]:

There should be no gap between the knees and the forehead.

Heels together, feet flat on the floor, no gap under the ankle.

Continuously keep pulling your heels.

Pulling is the object of stretching.

The harder you pull, you can stretch more, create opposite force,
according to Newton's Third Law.

You should feel your spine stretching from coccyx to the neck.

Exhale breathing, suck your stomach in, **depression of the abdominal wall**.

Coccyx to the neck, joints of each and every vertebrae and cartilage of the spine
should be **opening, stretching, expanding, extension**.

HEAD to KNEE with STRETCHING POSE

Janushirasana with Paschimotthanasana

Turn around, and sit facing the mirror.

Right leg out corner wise, bend your **left** leg.

Put your left foot, so your **heel** should touch the costume.

Create pressure with the **left foot** sole, against the **right leg** biceps of the thigh muscle.
Your two legs should be 90° degree angle, like "L".

Arms over the head, turn to the Right.

Grab your right foot, two inches below the toes, ten fingers interlocked position.

Pull your toes as hard as possible.

Flex your foot, so your heel comes off the floor, in the air.

Just like the Rabbit Pose, touch your chin to your chest, look at your stomach.

Touch your **exactly** forehead on the knee. **Forehead should touch the knee.**

If you can't touch your forehead, bend the knee up a little bit.

You've got to touch your forehead.

Bring your elbows down, next to your calves.

Suck your stomach in.

Push your knee down, forehead touching position.

Left elbow down more. Left shoulder down more.

Roll inside to the left. Left knee should stay touching the floor.

Roll in, roll in, roll in.

Get your head close with your stomach.

Push your knee down.

Change. Left side. -- [See below for left side dialogue] --

Paschimotthanasana, Stretching Posture.

Both legs forward. Lie down on your back.

Sit up please, immediately.

Grab the big toes from the top, with your index and middle fingers.

Pull your toes as hard as possible. Feet together.

Look in the mirror, get your head up, please.

Walk your hips back, Right & Left, Right & Left, Right & Left, 10-15 times,
until your **both** knees lock. **No knees!**

Flex your feet. **Heels** should come off the floor, in the air.

Then, only, you can bend your elbows down.

Look forward, your head up, chin up.

Inhale breathing, stretch your body forward, from the lower spine. Pull your toes back.

Your goal to touch the head to the feet.

Come up, turn around, relax on your back. Complete relax, please.

HEAD-to-KNEE and STRETCHING POSE

[left side - Head to Knee Pose]:

Stretch your left leg out cornerwise, bend your right leg. Heel touching the costume. Grab the toes. Pull your toes.

Exactly forehead on the knee.

Make sure throat choked.

Exhale breathing, suck your stomach in.

Bend your elbows down. Push your knee down with your forehead.

Roll inside to the right. Roll in.

Create maximum pressure to the abdomen and throat.

This is not a stretching pose, it is a **compression** posture.

Compression of the pancreas, extension of the kidneys.

This is, again, a marriage between the pancreas and kidneys, thyroid and pituitary glands.

Change again.

[2nd Set - Stretching Pose]:

Bring both legs out in front of you.

Quickly lay on your back, bring your arms over your head.

Sit up immediately, and grab your big toes.

Don't lose the grip.

Pull your toes hard.

Walk your hips back, at least 10-15 times.

Lock your knees

Create cramp on tops of the thighs.

Heels off the floor, in the air.

Backs of the knees on the floor.

No room for air or light between the legs and the floor.

Chin up, look in the mirror.

Bend your elbows and pull harder.

Stretch your head forward towards the feet. Chest down on the legs, spine straight.

Suck your stomach in, exhale, and keep pulling.

Continuously keep pulling, without interruption, without intermission.

Exhale and pull. Touch your forehead to the toes.

Change. Come up, turn around, and relax on your back.

SPINE TWISTING POSE

Ardha-Matsyendrasana

Turn around and sit facing the left side of the room.

Bend your **left** knee on the floor, left knee facing the left side mirror.

Put your **right** foot **exactly** over the left knee corner.

H-E-E-L, your heel should touch the knee. Foot flat on the floor.

Both hips should touch the floor comfortably,

to keep your spine perfectly straight, perpendicular, 90° degree angle.

Hip touching the **left** heel. Point your left toes.

Bring your **left** arm **over** the **right** knee, elbow **exactly** against the knee.

Push your knee back, with the help of your left elbow.

Turn your wrist, and grab the **left** knee with your **left** hand.

Now, look down. Make sure your knee, hand, and the heel,

all 3 things are touching each other, at the same spot, on the floor.

Keep the knee on the floor.

Stretch your spine up towards the ceiling.

Right arm on your back, palms facing out.

Try to grab the thigh behind you with your right hand fingertips.

[for beginners]: put your right hand on the floor behind you, fingers facing out, and push against the floor, to get your spine straight].

Chest up, spine up, rib cage open.

Look back behind you, **look** over the right shoulder, way, way, way back,
chin **over** the shoulder.

Twist your body right side, **all the way**.

Total spine is supposed to twist, top to bottom.

Coccyx to the neck, joints of each and every vertebrae and cartilage
supposed to twist like a Pearl Necklace.

Twist, and twist, and twist, the last chance -- twist.

Change. Other side.

SPINE TWISTING POSE

[left side]:

Bend the **right** knee on the floor.

Left foot **over** the **right** knee corner.

Right arm up and over the knee, push the knee back, grab the knee in front.

Inhale and stretch your spine up, look over the **left** shoulder, chin over the shoulder.

Exhale, turn and twist.

Make sure your neck is twisting back.

Stretch up and twist.

Twist, and twist, and twist, and twist, keep twisting.

Joints of each and every vertebrae and cartilage

stacked one on top of the other, stretching up and twisting
like a Pearl Necklace.

Relax on your back.

#26
BLOWING in FIRM POSE
Kapalbhati in Vajrasana



Sit down Japanese style facing the front mirror.

We started with the Pranayama Breathing Exercise, good for the lungs.
We end with another Breathing Exercise, Blowing in Firm Pose,
good for your digestive system internal organs, and abdominal muscles.

Blow out by your lips very strong, **pull** your stomach in and out.
No inhale, only exhale. Inhale happens automatically.
Follow me everybody.

Hands on the knees, arms straight, lock your elbows.
Throughout the entire pose, spine is straight, shoulders relaxed.
Abdominal wall is perfectly relaxed.
If you feel dizzy or cramps in the stomach, you're doing good.

Swallow a couple of times.
Begin please. [60 times].

Repeat.
[2nd Set faster pace].

Relax on your back, please.
Everyone have a good day!